

Heartland Shepard's Pie²⁵

Number of Servings: 25 (349.52 g per serving)

Amount	Measure	Ingredient
4 1/4	lb	Beef, ground, hamburger, pan browned, 10% fat
4 1/4	cup	Onion, yellow, fresh, chpd
1.00	gal	Snap Beans, green, cut, fzn
2 3/4	qt	Mashed Potatoes, Naturally REAL, low sod, prep f/dry, FS
5 1/2	cup	Soup, tomato, cond, cnd
8 1/2	Tbs	Sour Cream, light
1.00	cup	Water, tap, municipal

Nutrients per serving

Nutrition Facts

Serving Size (350g)
Servings Per Container

Amount Per Serving

Calories 280 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 390mg **16%**

Total Carbohydrate 31g **10%**

Dietary Fiber 5g **20%**

Sugars 7g

Protein 19g

Vitamin A 6% • **Vitamin C 20%**

Calcium 6% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Instructions

Crumble raw ground beef into pan, add chopped onions and frozen green beans. Cover. Brown on stovetop, stirring occasionally and replacing the cover. Cook until the green beans are almost tender.

In the meantime, prepare mashed potatoes from fresh or instant potatoes without salt. Set aside.

Add tomato soup, sour cream and water to browned meat-vegetable mixture. Stir in.

FOR SHEPARDS PIE: place in steamtable pan(s) and place 1/3 cup (#12 scoop) scoops of mashed potatoes on top of meat mixture. Place in 300 degree oven for 30 minutes to reheat and hold.

Serve 1 cup of the meat mixture PLUS a 1/3 c. scoop of potatoes per serving.

1 1/3 c serving = 2 Carb Servings

For SHEPARDS PIE OVER POTATOES: Keep soup and browned meat mixture hot in steamtable or covered pan on low heat.

Serve 1 cup of mixture OVER 1/3 cup mashed potatoes.

1 serving = 2 Carb Servings

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.